

The influences on this human Petri dish include everything from nutrition to physical environment to your spiritual beliefs and perceptions of others – all of which can impact your health in positive ways and all of which can be altered without the use of drugs. Some studies even show that an improved set of genes can be [passed down to your offspring](http://mcb.asm.org/content/23/15/5293.abstract), allowing them to live healthier lives as well.

I asked Dr. [David Agus](http://davidagus.com/) about this following a talk he gave last year at the Commonwealth Club of San Francisco. Agus is co-founder of [Navigenics](http://www.navigenics.com/) and author of [*The End of Illness*](http://davidagus.com/books/the-end-of-illness/overview/). He’s in the business of providing detailed analyses of an individual’s genetic predisposition to various health conditions, as well as an outline of what it will take to stay healthy for as long as possible. Kind of like the 1950’s TV show, “This Is Your Life,” only in reverse.

Even though he might seem like the last person to offer up a nod to something as “out there” as epigenetics, Agus readily admitted that mental qualities such as hope are actually one of the best weapons we have to fight disease.

“There’s no question that the mind-body connection is real,” he told me, “even if we can’t quantify it.”

Although epigenetics is an important and intriguing step forward in our collective quest to assert some level of control over a matter-based existence, it still leaves matter at the center of the equation – basically getting a matter-based brain to manufacture matter-based chemicals that, in turn, can have a positive impact on our matter-based bodies.

But what if what needs reining in doesn’t involve matter at all but simply our thoughts? And what if the source of these thoughts didn’t come from within but without, even from a singular divine Mind; a Mind that[increasing numbers of people](http://www.dosseydossey.com/larry/default.html) are at least willing to consider exists? Could it be that our health is not only not at the mercy of our genes but also not at the mercy of whatever positive energy we feel capable of generating on our own?

Perhaps having answers to all of these questions isn’t as important as the willingness to ask them. The thought process involved could lead to even more exciting discoveries in medicine. And who knows? It might even improve your health.

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